Source: https://sites.google.com/view/dogspoop/home

QUIT MASTURBATION / FANTASIZING EFFORTLESSLY

QUIT PORN FIRST (compulsory) - 1. https://www.easypeasymethod.org (hackbook)

2. https://sites.google.com/view/freeforever/home (hacknotes, short notes of the hackbook) by u/different_guide_5202 on reddit

3. Credits : These hacknotes are based on the hacknotes by u/different_guide_5202 on reddit. I am u/SilentWarrior1947. In case you wish to contact any of us.

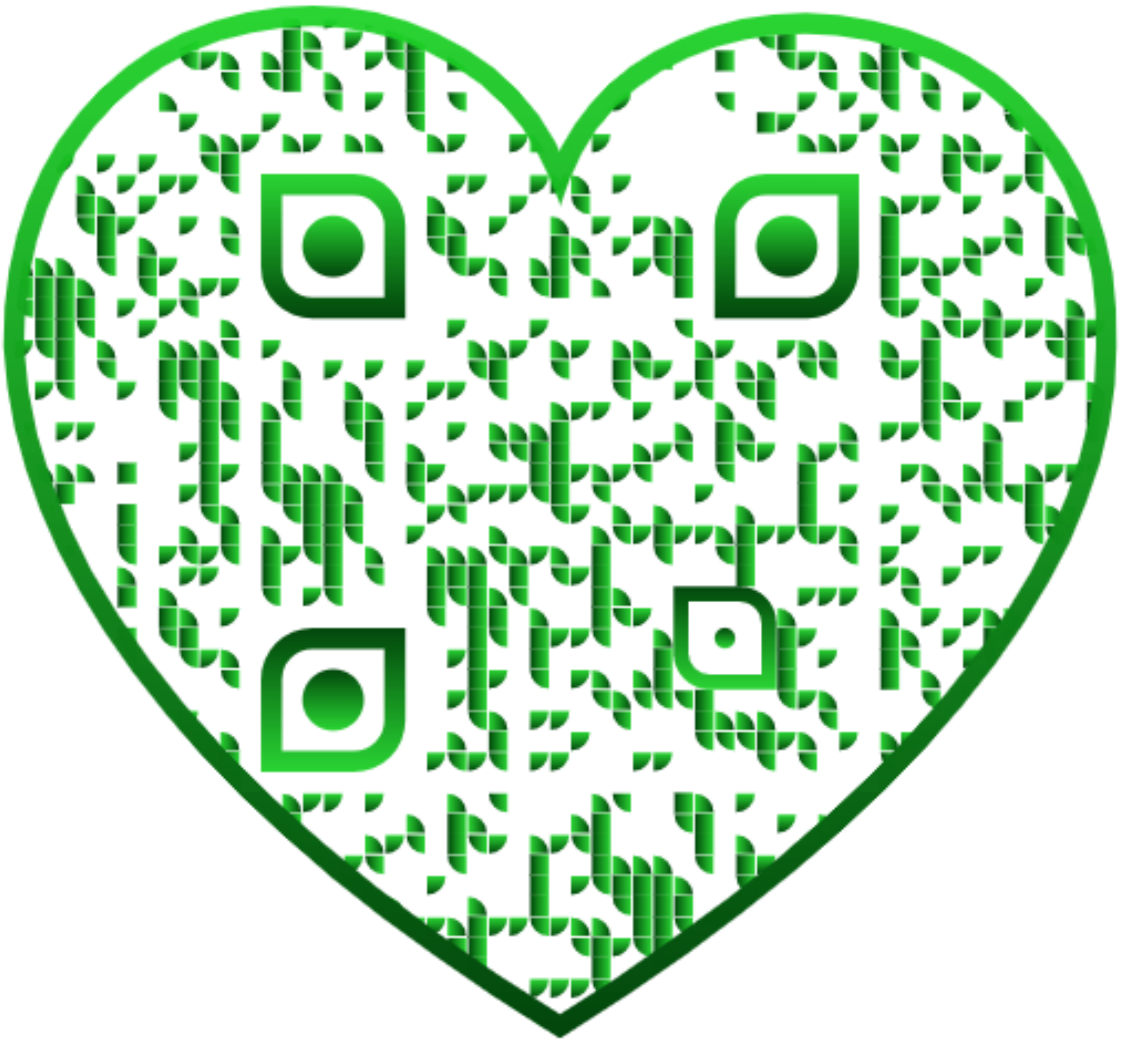
Don't count days. Share these notes around to people if you think it'll help them.

Anyway, thanks for reading. I hope you enjoy!

The Easyway to QUIT Masturbation and Fantasizing FOREVER

Note - Fantasizing here includes Porn Induced Fantasies, Objectifying Other Gender, Thinking About Sex All The Time.

Note 2 - " Fantasizing and Masturbation " in these hacknotes refer to the act of Fantasizing, the act of Masturbation and the act When Both of these are done together. After reading these hacknotes, you will be free of Fantasizing, Masturbation and 'Fantasizing + Masturbaion' forever.



Easy and Painless, No Willpower, No Cold Showers, etc
Enjoy Quitting!

- Addiction is fueled by frustration. Frustration is one of the reasons why we keep coming back, surprisingly.

- You're not fitting into the world by using, but rather you're going into your own horrible isolated world of unrealistic fantasy.
- Masturbation and Fantasizing addiction is in its infancy, and it takes scientists and doctors a while to actually realize certain things to be problems and label them as such (same thing with smoking many years ago). This explains why many people don't accept it as an addiction despite the fact that it obviously is. There was a time where everyone thought smoking wasn't dangerous or that addictive. It's the same situation here with Masturbation and Fantasizing.

  - Dreaming is different that fantasizing. You dream about something, and start working towards it and you get it. Dreaming is short lived. It doesnt start randomly. It is usually provoked by, say, when you see Khabib defeating his opponent, or Joe Biden winning elections, or a top class footballer scoring a goal and winning a trophy. It is provoked randomly as well, some people write their goals on paper and paste it so they remember it constantly, and things like that.

  - Fantasizing starts anytime. When you're lazy, you fantasize. When you've had an exam, school, extra classes, you are mentally tired that you must now just go to sleep. But you fantasize. You never 'dream' about your goal in such tiring situations. You fantasize.

  - When enjoying something - you don't go through the process of consuming it quickly just to have another and another. If Masturbation or Fantasizing were enjoyable, you'd be satisfied with one session (as, if you think about it, all sessions are really the same). If it were enjoyable you wouldn't be in a frantic search for other oppurtunities to Masturbate to your Fantasies. That is not savoring it at all.

- The porn industry engineers their websites to make porn even more addictive with personalization and recommended videos and certain forms of gamification. And your fantasies are just that Porn Website, but in your brain. But the good news is that now that you've stopped using porn, they will fade away very quickly
  .
- Not all NoFap or willpower groups have bad intentions of preventing people from quitting and encouraging bad methods. They are brainwashed just like their members - to believe it's hard to quit. Sure, some NoFap groups (like the subreddit) deliberately filter out mentions of Easyway and Easypeasy, but besides them, most other willpower communities are just as brainwashed as porn users are.

- Something that makes you miserable cannot give you pleasure. Thus, Masturbation and Fantasizing cannot be enjoyable.

  - **Masturbation or Fantasizing don't pleasure, to the contrary, it displeasures.**
  - **They steal pleasure i.e., calmness, relaxation, happiness etc.**
  - **Then returns it as displeasure i.e., stress, anxiety, depression etc.**
  - **Remember:** Fear, along with doubt and moping - is the reason why people using the willpower method fail. Let's challenge, defeat and permanently remove all three of these, and attain freedom forever.

FEAR :-

- Courage is not the absence of fear; it's the strength to act in spite of the fear. Denying the fear makes the fear go down to the surface where you cannot challenge it because you can't see it.

- You must bring the fear up to the surface (by recognizing it exists), and then challenge and destroy the fear of quitting - with simple logic. You don't need to be brave or try hard to defeat fear; just use logic.

- This concept is nothing new. Getting rid of fear is a concept used by legendary people and great civilizations to achieve magnificent things. "THE ENEMY IS FEAR" is one of the famous sayings of Mahatma Gandhi.
- We fear dangers that are facing us, and dangers which have a chance of facing us. For the former would be if we're running from a dangerous person. The latter for example would be if we're worrying about losing our jobs.
- The thing is as follows: quitting isn't putting you in danger at all. Quitting won't put you in danger now, and it won't put you in danger later. We only fear things intellectually or instinctively when something can put us in danger, but we're in no danger at all when quitting.
- We are however in danger when we are Masturbating and Fantasizing. Thus, there is absolutely no reason to fear quitting, as there is no way that quitting can harm us. PLUS with this method, there is no discomfort either, so fearing quitting is completely illogical. Thus, if you have fear of quitting, just challenge the fear with the simple logic that it doesn't make sense to be afraid of it.
- Even if you lie to yourself and say that Masturbation and Fantasizing is enjoyable, people have lived without it for thousands of years. There are hundreds of tribes who don't get to know about Masturbation in their entire lifetimes.
- If you still think it is enjoyable, it is caused by brainwashing. You have been brainwashed to believe it is enjoyable. If you think about it, how can something which makes you feel horrible, be enjoyable ?
- How can not using it put fear into you, or make you feel like you're getting deprived of something you need, when in fact for thousands of years people have lived without it even better than you're living now? You don't NEED to fantasize or masturbate.
- Fear is the basis of addiction.
- The more willpower someone has, the harder it is to get free. After all, it takes willpower to do something so stupid and harmful especially after knowing the bad effects. And also, someone with willpower will be stubborn and not

accept they’re doing it the wrong way. Thus they won't recognize that willpower is wrong and easyway is right.

- **Remember:** Desensitization, hyperfrontality, and sexual dysfunction are all great reasons to quit Masturbation and Fantasizing. However, don't fear these once you quit! Luckily, when you quit MOing your brain heals from the damage! Fearing health problems also just makes it harder to quit Masturbation and Fantasizing, so don't fear them, as once you quit, desensitization, hyperfrontality, and sexual dysfunction will no longer be a problem.
- Summing up, You don't fear quitting, because quitting (i.e never, ever masturbating and fantasizing) is not putting you in danger, quitting is not depriving you of something you need, qutting is not taking any kind of pleasure from you (because masturbation and fantasizing are not pleasureable), quitting is not causing you any health troubles. Infact quitting will take you out of prison cell and give you unimaginable health benefits. And it is very easy to quit.
- There’s fear of failure which prevents people from trying to quit - so people fail (by MOing whenever they get an urge) without trying because they're afraid of failing (which is obviously stupid and so illogical), but then there’s also fear of success: fearing that life without their crutch will be pointless and dull. Thing is that life outside this prison is so much better. This prison is no security. Look forward to success and freedom with excitement.
- The panic of not MOing is caused by PMOing/MOing. One of the greatest things about freedom is that you don’t have that panic anymore.
- You are trading lack of control with total control by quitting your Masturbation and Fantasizing addiction.
- MO being your friend is an illusion. It’s really your worst WORST enemy.
- Freedom won’t just be a relief, but genuine pleasure and happiness.
- When in doubt, think of all the great things that quitting brings. Certainly more time and better health are big advantages. No more dry skin, no more pimples. Glow on face. Immensely improved focus, clarity of mind. No

physical tiredness, becoming an early riser etc etc etc. List of 50+ benefits is mentioned at the end of these notes.

- Never doubt your decision to quit EVER! Its one of the best, logical, magical decisions you've taken in your life ! And there is no logic and no point in doubting your 'best' decision !
- You need willpower to go through pain and hardship. However, you don't need to go through pain and hardship when it comes to addiction, since with easyway you remove any pain and hardship, thus making willpower counterproductive and useless.
- Quitting only involves pain when you believe you're making a sacrifice. **Hint**: You're not.
- The simplest of tasks can be made difficult when done with the wrong method.
- Willpower hooks you more, not less.
- You only need willpower when there's a tug of war between two different wills. We will make it that there is only one side of this war, making it that Masturbation or Fantasizing is no longer considered "pleasurable"
- The reason you can't really name that many MOers is because MOers go to great lengths to hide their addictions.
- Ignore the advice of anyone using willpower method.
- The only reason you fail is because you're not using the right method.
- Addiction is not the fault of the addict. It's the fault of the addictive substance and society. It is the fault of Porn Industry which induced unrealistic fantasies in you.
- The addictive personality thing is a stupid excuse for saying that quitting is hard. Thinking that it's a disease is also a stupid excuse.
- Addicts like being close by to other addicts since other addicts won't judge or challenge your bad behavior.

- BRAINWASHING :-

- When you see through an illusion, you can’t be fooled again. You're about to see through the illusion that Fantasizing or Masturbation is enjoyable, and afterwards, it'll basically be impossible to ever do it again!
- Knowing that something is bad for you only make it harder to quit.
- When your brain feels fried and you’re in physical pain from things like chafing, do you stop Masturbation or Fantasizing? No, you don’t. Even when you don’t feel pleasure, the brainwashing still exists that Masturbation and Fantasizing is pleasurable.
- What drives people to MO? Boredom (What else is there to do? It’ll get rid of my boredom), Sorrow (I’m sure some Fantasizing and Masturbation will cheer me up), Stress (It’ll help me forget about my worries), Routine (It’s just what I do everyday), Reward (I deserve it since I’ve been working hard and I need a boost), and Opportunity (I’m alone so I can do it now, or any form of opportunity. Opportunity is the biggest killer).
- Say you have a really fun hobby that gives you pleasure, like tennis. If you really enjoyed it, why would you wait until you’re bored, sad, stressed, want a reward, have an opportunity, etc? Wouldn’t you break your routine if you could have the pleasure of doing something you enjoy? You would do it every day if you could; not just in response to negative emotions and states of mind.
- Another thing is, people complain that "Its easypeasy in the morning, but when I am asleep at night / half awaken state in the morning, i.e I am not in full control of myself, I end up MOing. THE THING IS, WHY WOULD YOU MO IN THE FIRST PLACE WHEN IT IS NOT ENJOYABLE/PLEASUREABLE AND MAKES YOU FEEL HORRIBLE ? IT DOES NOT GIVE PLEASURE DURING DAY, IT DOESN'T GIVE PLEASURE DURING NIGHT. IT IS NEITHER ENJOYABLE ON EARTH, NOR ON MARS.
- This day-night argument is like saying 'I do not eat my Dog's Poop during the day, but during NIGHT I TEND TO EAT IT'. Remember Dog's Poop doesn't taste good [hence gives no pleasure] during the day, nor gives any pleasure during the night. Rather it tastes so bad that

even if you eat an inch, you will vomit. Personally never tried eating that, but I know, just like you do.

- I know I don't need to tell you that. You already know you would never eat Dog Poop. And, just in case, you do, you will get rid of it, as it gives you nothing. Same is the case with Fantasizing and Masturbation. Doing Fantasizing or Masturbation gives you nothing, rather makes you feel horrible and weak. So no point in doing it, whatever be the time, whatever be the place and whatever be the situation.
- Masturbating to Fantasies is EXACTLY same as Masturbating to PORN. Its just that the video player is not your phone/computer, but your BRAIN' S IMAGINATION. That is using one of your SUPERPOWERS against yourself. Don't use your superpowers against yourself.
- As you've already quit porn, the fantasies will be erased from your brain. BUT YOU HAVE TO STOP PLAYING THE VIDEOS AGAIN AND AGAIN IF YOU WANT TO MAKE THE PROCESS FAST. And doing that is very easy.
- What is an urge to masturbate ? Ans. Just a very subtle tickling sensation. Like a housefly sitting on your P. But you have been brainwashed to believe that the 'tickling' sensation is something enjoyable. Hint : Its not. Its just a fucking tickling sensation.
- That 'tickling' sensation awakes the big monster i.e the Brainwashing, which makes you think that the 'tickling' sensation is enjoyable. Hint :- Its not enjoyable. Its rather something disgusting you'd never do

Porn Induced Fantasies : Some people tend to fantasize on PIFs, and masturbate to them. This is one of the most fake illusions your primitive and unconscious brain have been made to believe using Brainwashing. Let's remove that brainwashing.

- In most porn videos, it is depicted that the actors are enjoying. But you already know the truth. Its in the back of your mind, let me bring it to the front. NONE OF THOSE PEOPLE ARE ENJOYING, INFACT THEY ARE BEING TORTURED.

- First of all, they are actors. Second of all, the industry has video editors. Third, all 'pornstars' or 'porn actors' are FORCEFULLY PUSHED INTO THE INDUSTRY (directly or indirectly), or THEY ARE A VICTIM OF HUMAN TRAFFICKING.
- Moreover, various investigations, sting operations and ex-porn actors have revealed truths like "ARFICIAL DRUGS ARE PUT IN THEIR PRIVATE PARTS TO ALLEVIATE PAIN." "THEY ARE GIVEN 10s of INJECTIONS BEFORE SHOOTING" "THEY ARE BRUTALLY BEATEN IF THEY DON'T AGREE TO DO SOMETHING".
- Hence it is absolutely cleared from these facts the what you call "enjoyable fantasies" are not "fantasies of enjoyment". They are "FANTASIES OF BRUTAL TORTURE AND SLAVERY". Read that again, but slowly. " FANTASIES of BRUTALITY" This sounds contradicting, which shows "THEY ARE NOT EVEN FANTASIES".
- So what are they ? This is what happens if you put the truth into words. "THEY ARE IMAGERYS OF SLAVERY AND BRUTAL TORTURE, AND YOU HAVE BEEN BRAINWASHED TO BELIEVE THAT BRUTAL TORTURE AND SLAVERY IS ENJOYABLE".
- Your fantasies are not enjoyable. Masturbating to them is not enjoyable. Infact, they are not 'fantasies' in the first place. They are utterly fake imageries of torture.
- You are almost halfway through these notes. In about 15 minutes, you will be free forever. But remember the little monster takes a few days to starve and die. Hence it will complain. But don't worry, here is how the complain will sound. You already know your weak enemy's move hence you can easily defeat it :-
- The little monster will become desperate because now it is going to die, and burnt to ashes. It will make you think that masturbation is ok. It will create powerful simulations of sexual encounters. It will try to play your porn induces fantasies. It will exploit the desire of real stuff like touch and smell.
- When you get such 'desperations' of a starving monster, don't evade them. Rather face them with logic. The fantasies ? They are imageries of torture. And they are utterly fake. Masturbation is ok ? Well it is just a slight

tickling sensation which makes you and your health horrible, and it doesn't give any pleasure, rather it displeasures, hence Masturbation is DISGUSTING. Sexual Encounters ? They are also fake and disgusting, you do not enjoy sexual imageries in your brain because they are fake and painful. They do not give any pleasure. Rather, they displeasure.

- Be absolutely clear in your mind that PORN or FANTASIES don't give any pleasure. They are UTTERLY FAKE.
- Now that you have removed the fantasies out of your mind, get excited ! Jump out of your chair, do a little dance or let out a cheerful shout ! You are free from any brainwashing, and hence already quit masturbating and fantasizing addiction for life !
- Let's do a little excercise right now. I want you to blow some air from your mouth. Don't use any force or anything, just imagine there is a tiny particle of dust on your table and you are blowing to shove it away. Was it easy ? Quitting Fantasizing and Masturbation is as easy as doing that, if not easier.

MECHANISM OF ADDICTION :

- The little monster is created the first time you Fantasize or Masturbate. It starts complaining, and it’s complaining and pangs are so slight and almost imperceptible (the tickling sensation), but it can be dangerous, since this complaining awakes the big monster - brainwashing.
- The little monster is the 'subtle tickling sensation' and big monster is the 'brainwashing'. Both of them you just killed a few seconds ago.
- The big monster interprets the little monster’s complaining into words like “I want to MO now” or “Gosh, I’m horny. Some Fantasizing or Masturbation would help.” You then end up satisfying the craving by doing the thing that causes the craving in the first place. The little monster is physical withdrawal (which is so slight and unrecognizable) and the big monster is simply mental.

- Masturbation and Fantasizing doesn't take away your problems. It just adds to them. It doesn't help us de-stress at all.
- Then when you come back to the real world, your problems are not only still there, but they're even worse than before. How does watching porn have anything to do with any of your problems (besides being one of them)? How does it make sense that it can remove anything?

- Satisfaction is the feeling that tells us when to stop. With Fantasizing or Masturbation you are NEVER satisfied. We hope that we get satisfaction from the act, but it's designed that way. You hope for satisfaction, but you never get it so it seems hard to stop. A lack of satisfaction leads to frustration.
- Fantasizing or Masturbation progressively makes the void bigger, thus making it that you need more and more to fill the void. The way to close up the void is by stopping masturbation and fantasizing entirely.
- You only lack control because you aren't taking control. It has nothing to do with willpower. You haven't been making your own choices. Up until now the porn industry/little monster has been making the decision for you. Your use has nothing to do with weakness, your character, or anything special about porn.
- Willpower method is like pulling on a pushable door. While it may budge a bit, it seems so hard to open it up, almost impossible. Easyway is like pushing on a door that opens when pushed instead of pulling on it. It's not hard to quit addiction if you quit it with the right method, but it's impossible to quit when you quit with the wrong method. While for the first few days your willpower is high when using the willpower method, it very quickly gets used up unnecessarily.
- Addiction is not a pursuit for pleasure or happiness; it's an attempt to escape unhappiness or discomfort.
- You have ups and downs in life. Everyone does. Just accept that, and if you mope for Masturbation and Fantasizing in these situations, just know that it's an illusion and makes things worse. Masturbation and

Fantasizing addiction simply makes it harder to deal with stressful situations.

- Anticipate future stresses, know that the stress is not as a result of quitting, and using will only make the stresses worse. Say "**Sure, this is tough, but at least I don't have the added problem of Fantasizing or Masturbation as well**." You'll see that stressful situations actually become less severe after quitting porn. Also, being free enhances all the good times. Quitting makes the ups even better and the downs not as bad.
- Tip : Change your mindset while dealing with stress and problems. Rather than finding and escape, think like this 'I have a problem and I must find its solution. I know the solution exists, I can definitely figure it out and ace through this problem'. Keep an attitude of a Lion. 'I will face the situation head-on and triumph'.
- Easyway is designed to give you certainty. Be absolutely certain that you'll never use or get hooked again. It isn't enough to just try or hope. KNOW.
- If you have trouble remembering that you're free and you just MO instinctively, set your screensaver on your phone or computer to just an image with a big "!" or "?" as a caution for what lies ahead. You can change the screensaver back to whatever you want after you start remembering that you're free.
- Another reason people have trouble remembering is that humans tend to forget things. Just like you might forget a particular formula in your exams, you tend to forget what is right and what is an illusion.

    - Why do you forget ? Well that depends. Say you have other exams and studies, hence your memory is already being used, so its normal to forget. But for someone whose exams are over, or someone in summer vacation, its less likely to forget.

    - What to do then ? Revise. In the exact same way you revise for exams. You may read it, write it, make mindmaps or whatever. Although reading is enough

    - How much times do I need to revise ? Psycology says that you wont forget anything you have revised 6-7 times.

    - But since these Hacknotes are just 12 A4 Pages, even if a normal reader reads them 10 times, it wont take more than 3 hours.

    - I would say set 10 alarms on your phones, say daily, once every three days or weekly, whatever you like. When the alarm rings, read the hacknotes once. Wont take more than 30 minutes.

    - Reccomedation. Here's what I did. I set up weekly reminders - on Sundays - 12 PM. Reason ? No School on Sunday, Plus I will be awake at 12 PM no matter how tired I am on Saturday. Which gives no excuse to skip reading.

    - Also if you have a personal space, give 2-3 readings where you read these notes out loud.

    - Do I need to remember whats written in the hacknotes/hackbook forever ?

- Do you need to remember that you don't need to put your hand in the gutter, eat your dogs poop or throw pepper on your face ? You dont, its there in your subconscious and you are not gonna do that THROUGHOUT YOUR LIFE. In the same way, when you read the hacknotes a few times, they get in your subconscious, and instinctively you wont put your hand in the disgusting gutter of pmo. This is being multiplied by the fact that the monsters die, and their ashes are removed from your brain as time passes by. In no time, you wont even remember that you were once in a jail.

- Obviously delete porn from your history, bookmarks, and anywhere else you saved it. If porn sites or apps send you notifications make sure to disable that as well. This is not because you “may fail”, but rather it’s just being smart. You’ll end up seeing porn on accident if you don’t take at least some precaution, and you don’t want to see porn again ever (just like I would never want to accidentally inject some heroine into my veins).
- **Tip**: Observe “Happy Hour”, as in, stop using devices which emit blue light from an hour before you go to sleep. This will just make you happier and have a better sleep schedule, but it doesn’t have much to do with quitting MO.

- Pat yourself on the back for accomplishing freedom and remind yourself how great you'll free when you're free. Feel excited!
- If you still have fear, then we have to now get rid of fear of success.
- Fear of life outside of jail can keep a prisoner trapped forever. They feel secure because it's familiar, even though it's grim and bad inside, since the outside is alien and riddled with uncertainty. When it comes to escaping fantasizing or masturbation, fear of success is caused by illusion.
- You can either choose to be a slave to fantasizing or masturbation, living a miserable life. Or you can choose freedom.
- Some fears are instinctive, like fear of heights, fire, or the sea, but it makes no sense logically why you'd be afraid of quitting fantasizing or masturbation. Simply, the fear of quitting fantasizing or masturbation is created by fantasizing or masturbation in the first place. You have nothing to fear!
- Once you get out of this "pit", you'll be surprised how easy it was to kick the addiction, realizing how there really wasn't any pit at all.
- Suppose you still have fear that you may be in a situation where you're weak and you for some reason you fantasize and masturbate. No matter how unlikely it is for a meteorite to hit you, no one says it's impossible. However, the difference between the meteorite and 'fantasizing or masturbation', is that if a meteor is going to hit you, you can't do anything about it. When it comes to fantasizing or masturbation, in reality, absolutely nothing can make you fantasize or masturbate except for yourself. But why would you want to?
- YOU WILL NOT MISS fantasizing or masturbation ONCE YOU KNOW YOU AREN'T GIVING ANYTHING UP.
- If you want to quit fantasizing or masturbation now more than ever but you still feel some nervousness, have no fear. That nervousness is actually really excitement of knowing that you're doing something amazing.

- Three things that you MUST remember:

1. FANTASIZING OR MASTURBATION DOES NOTHING FOR YOU. If you accept this you will NEVER get any feelings of deprivation.
2. THERE IS NO NEED FOR ANY WITHDRAWAL PERIOD. The moment you stop using, you are free. There is no need to wait for anything when you're using the Easyway method.
3. THERE IS NO SUCH THING AS JUST ONE 'IMAGERY IN THE BRAIN' OR A 'NO BIG DEAL SESSION'. If you're tempted back it means you never saw through the illusions. Escape means seeing through the illusions and removing all temptation. When you achieve that, you'll have no desire to fantasize or masturbate ever again.

- It's so sad and pitiful how anyone can regard something that is making them miserable as their friend. When addicts quit with the willpower method they feel as though they're losing a friend, and so they mope and grieve for a long time. However, when your mortal enemy dies, there is no need to grieve or be sad. On the contrary, you should rejoice that such a person is no longer terrorizing you, and you can rejoice and be happy about this for the rest of your life!

- Fantasizing or masturbation are not your friends and NEVER were. You're sacrificing nothing by getting rid of them. In fact, instead, you're getting marvelous gains!

- Whenever fantasizing or masturbation enters your mind, feel elated, as if a heavy weight was lifted off of you.

- Don't try not to fantasize / not to think about fantasizing or masturbation. Trying not to think about something is a sure way of becoming obsessed with it. If you're told not to think about dog poop what's the first thing you think about? You see?

- Enjoy thinking about your old enemy and rejoice that it no longer plagues your life.

- Now when you get the voice in your head of the little monster complaining, look at this complaining as the little monster actually and actively dying. Think to yourself “I’m so glad I’m free and I no longer have to suffer like a porn addict has to.” There is no longer any fear, doubt, or moping in you when the little monster is crying and dying. Rather, you must rejoice and celebrate as your enemy is dying, and YOU are the one who killed it.

- Buy a chocolate right now, whichever one you like and can afford, and eat it. You've just triumphed. You've just quit your addiction forever and also killed the big monster (brainwashing).

- If it is possible, buy a pack of choco chips / candies or somthing sweet and tastly like that. And eat one piece whenever you find the little monster dying, since killing your enemy is something your should celebrate. Don't forget to brush your teeth two times a day.

- When does the head-shot, stabbed and starving 'little monster' die ? And. Even before you know it, the monster would have died, its body burnt and its ashes removed from your brain. BUT YOU ARE FREE NOW. YOU DON'T NEED TO WAIT FOR THE MONSTER TO DIE. LET IT STARVE AND DIE, IT IS AS WEAK AS AN INJURED HOUSEFLY TO CAUSE YOU ANY DAMAGE. And yeah, again, it will die out before you know it.

- The withdrawal pangs will cease to exist, rather becoming “withdrawal feelings”. And these withdrawal feelings will become great moments of pleasure.

- Don’t be surprised, upset, or overcome with doubt if you forget for a second that you quit. This is normal since you’ve done fantasizing or masturbation so much in the past and taken up so much time with it, and it makes perfect sense why you would forget for a second. This doesn’t mean you miss fantasizing or masturbation. Don’t worry about that. You won’t fail.

- If you had a parking space for years, and you suddenly moved parking spaces because the current space was

bad, and then as you were driving, for a second you thought about going to the old space (since you forgot that there's a new better one), would you feel that you miss the old bad space? No, you wouldn't. Take these moments of temporary forgetting as pleasure, reminding yourself how lucky you are to be alive, free from fantasizing or masturbation.

- If you momentarily forget that you don't fantasize or masturbate, that's actually a good sign (provided you then don't fantasize or masturbate), since it shows that you're going back to normal life.

- If you get a trigger, just think about the parking space analogy, and think about how there's no deprivation. Think about the tickling sensation and see that it is nothing 'pleasureable'. Getting triggered doesn't mean anything, except as a reminder of how much better your life is without being stuck in the MO trap. Expect these moments to happen, and you won't ever be caught off guard. Know you made the right decision and nobody will ever be able to make you doubt it. That way, instead of these moments being your downfall, they just give you strength and lots of pleasure, reminding you how wonderful it is to be FREE AT LAST.

- Take pride in this achievement, for there isn't an addict in the world that doesn't want to be like you, deep down inside.

- You'll have more time to do things you love now. When you were in the trap, you lost sight of genuine pleasures you had, but now you will get those pleasures back again, once and forever.

- Everyone calls it a "fix". When you fix a broken vessel, you're not fully restoring it to it's former greatness. So too, when you get your "fix" with fantasizing or masturbation, you are far worse than before you started. In reality fantasizing or masturbation was the thing that made you broken in the first place and makes you need a fix for the thing the fix caused in the first place. Luckily, you can be

fully restored to your former greatness just by quitting fantasizing or masturbation.

- You're about to walk out of a prison cell.
    - **REMEMBER**:

E- ESCAPE. It's easy to escape. There is zero sacrifice. You're just choosing to have a better life, so don't fear.

A- ADDICTION. Acknowledge you WERE addicted and stop blaming yourself. You broke the cycle of need, withdrawal, and fix simply by removing brainwashing and seeing through the illusions.

S- SACRIFICE. There is no sacrifice. Know that fantasizing or masturbation does absolutely nothing for you. The only thing that's dying is the big monster and little monster; the two things that have been enslaving you.

Y- YOU. There is nothing wrong with you. You don't become addicted because of your personality. You become addicted because of the substance and society. You are your own jailer and you have the power to free yourself.

W- WILLPOWER AND WITHDRAWAL. Relying on willpower makes everything harder. Willpower hurts you. Willpower is only when you have a clash of wills; when one side of you wants it and one doesn't, but in truth, no side of you wants it. When you quit with Easyway, there are no withdrawal pangs. You become free the moment you change your mindset and remove any desire for the fix.

A- ACTION. Don't wait for a miracle. It's time to act now. Follow the instructions and you cannot fail to be free. Keep an open mind, and allow logic and common sense in, to replace illusion, and you will NEVER FANTASIZE OR MASTURBATE AGAIN.

Y- YES! Enjoy the thrill of being free. NEVER doubt your decision. You are NOT being deprived or losing a friend. You are DESTROYING a mortal enemy and getting your LIFE back.

- Any resistance is caused by the brainwashing. Get rid of the brainwashing and the resistance is gone.

- There are two specific days people tend to get triggered: 1) Traumatic or scary days, 2) Special days (like your birthday or a holiday). Let's call these days "meaningless days" since they have absolutely no connection to fantasizing or masturbation at all. These days also tend to be the days people "quit on". People usually push off quitting from today to a day more significant and more special, but this is stupid and detrimental. With easyway, it doesn't matter when you quit. It doesn't matter if it's a holiday or work or stress or relaxation, but you really should quit right now. If it's a stressful time, that's even better since you'll prove to yourself that even at times when you thought you'd feared and needed another fix, you actually didn't need one. Anyway, it doesn't matter what today is. Just STOP waiting. Quit now. If you keep pushing off till the "right time" comes along you'll never quit, because that right time will never come.

- Now, focus on everything you have to gain from quitting: Freedom from slavery, no more scary health stuff, more time, no more feeling manipulated and trapped by the porn industry/LITTLE MONSTER as if you're a lab rat, no more closing yourself off to people, no more destroying your confidence and social skills, no more compulsive peeks, no more frustration. In place of all this slavery - look forward to living in the light, happy without any of these problems. Joy from connecting with people, joy from NOT seeing females as objects, joy from being able to have a normal social life and a normal sex life, and the list goes on and on, endlessly. (List of 50+ amazing things happening with you as you read this mentioned at last)

- Whether or not you have a moment of revelation (where you see how fantasizing or masturbation is so easy to quit

and how it gives you nothing) now or later, it doesn't matter. You will become so happy and fulfilled now, that you may not even notice when the moment of revelation happens. For most people it takes a few weeks, but don't worry about it. You're free right now and absolutely ready to quit forever!

- Unsubscribe from any porn email feeds, and if you can, delete all porn accounts and things like that. You're ready to move on from that crap.

- Don't ever use a substitute for fantasizing/porn. This applies to soft core porn or masturbating to any type of images, videos. This will just lead you back into the trap. Because you're getting nothing from the substitute as well. However, don't cut out sex.

- **Remember**: Know that fantasizing or masturbation is anti-sexual. It takes everything beautiful about sex and destroys it. MOing doesn't bring sexual relief at all, but rather sexual frustration. Erections is because your body wants sex; NOT fantasizing or masturbation.

- **Remember**: Fantasizing or masturbation hijacks your natural reward and reproductive systems. If you're having sex it makes no sense to have it with your hand.

- **Tip**: Don't stick around bad influences. If a "friend" will show you porn or think you're weird for quitting, reconsider who you hang out with. However, all because a friend watches porn doesn't mean you should stop being friends with them. Only keep your distance if they try to get you back into the trap. If you have a friend that you want to help, don't put fear into them by saying how bad the porn/fantasizing or masturbation trap is. Rather, tell them how great you feel now that you're free and out of the slavery. Tell them about https://easypeasymethod.org, but don't force them or pressure them to read it. If they want to quit they will read it. If they don't want to quit there's not much you can do about that.

- **Tip:** There is saying that you become like the people you stay with. That is true in general, and that's why many

philosiphers in the past and many tycoons advice to stay with wise people. So if you ever feel you're being influenced negatively, it is aadvised that you leave that friend/group.

- **Tip** : You may be stuck in a situation where you have a friend/group indulged in bad habits, but is very helpful, hence your good friend. You might be confused whether to leave that group or not. Well, there are a few things you can do in this situation. First of all, to 'fit' in, never bring yourself down, rather bring your companions up. Now there might arise a situation where you can't really bring the other person/group up. In that case, apply the concept of 'self-negociation'. Ask yourself " Do I want the helpful group of friends, or I want to stay in a positive environment away from my negative friends ?" AND " Is staying in that negative group worth it considering the side-effects it might have on me ?" Also don't forget that its better to have no friends rather than having bad friends.

FINALLY, the “Ritual”:

1. Remind yourself that fantasizing or masturbation gives you no genuine pleasure or comfort.

2. Know that fantasizing or masturbation doesn’t relieve stress, anxiety, or isolation; it causes it.

3. **Remember**: The only reason you ever thought it relieved stress, anxiety, isolation or brought you pleasure is because you were brainwashed.

4. Now close your eyes, and make a solemn vow to NEVER FANTASIZE OR MASTURBATE AGAIN. Be certain about the decision, and embrace it with a sense of accomplishment and triumph.

5. After you’re finished with this ritual you can call yourself a happy non-user, because that’s exactly what you are. Recovery is not a gradual process; it’s a moment in time. It’s one decision, and then BOOM: You’re free.

6. Keep in mind that doubt and uncertainty is what makes it hard to “survive” withdrawal pangs.

7. Think about any “positive emotions” fantasizing or masturbation has made you feel. Now tell yourself that those emotions were PHONEY! Disown these phoney emotions. Phoney = Utterly Fake

8. If you have a few butterflies in your stomach, don’t worry. That’s no threat to your success. Your nervousness will quickly transform into excitement after you see how everything this method promises is true.

9. Enjoy your victory. Wake up in the morning and say “It’s great to be free!”. This is one of the greatest achievements of your life!

10. Finally, write down how fantasizing or masturbation has hurt you and dragged you down, right now. My list would be: So much guilt, health scares (like with sexual dysfunction), fantasies which I would mentally project on women, and feeling like worthless garbage every time I had a session. I felt like I was a lost cause.

11. Well, guess what, lovely human being? YOU’RE FREE! YOU’RE A NON-USER! You are free from everything you wrote ! Tear that paper, burn it, throw it in dustbin or whatever you want. Now, the only thing is: Enjoying Life free from Fantasizing or Masturbation addiction.

- For a few days after you’ve quit, you may hear the little monster going through it’s “death throes”. There is no need to fear this feeling, but don’t try to ignore it either. Now that you’re aware of what it is, congratulate yourself on taking control and enjoy feeling the little monster die. Addicts make a big deal about these “withdrawal pangs”, and since they’re using the willpower methods, the little monster’s complaining turns into thoughts in their head such as “I want a session now”. This triggers a mental struggle which causes the willpower users to have such a hard time “surviving the pangs”. EASYWAY REMOVES THIS MENTAL STRUGGLE, SHOWING YOU THAT IT ONLY EXISTS WHEN YOU HAVE BRAINWASHING AND

FEAR AND DOUBT. WITHOUT THE MENTAL STRUGGLE, THE WITHDRAWAL PANGS ARE NO PROBLEM AT ALL.

- Envision the little monster searching around the desert for water and you having control of the supply. All you have to do is keep the supply line closed, and it's as simple as that.

- Instead of thinking "I want to fantasize or masturbate and I can't do it", think "The little monster wants its fix. This feeling is what willpower users suffer, but happy ex-users like me don't! Isn't it great that I'm free forever!" OR "I am finally free from Slavery, as the little monster is starving and dying of thirst !" AND "Fantasizing or Masturbation does nothing for me, so I won't do it, just like I won't eat Dog Poop !" Once you think this way, the slight pangs will turn into moments of pleasure, reminding you of this amazing achievement.

- If for some reason you get a pang like that, examine your senses and physical sensations. See how there's actually zero pain. The only slight discomfort you *may* be feeling is NOT because you're stopping masturbation but because of watching porn/masturbating in the past. Infact that discomfirt is more comfortable than a mosquito bite. Its literally nothing.

- **Remember**: There is no withdrawal period when quitting with the Easyway. Any slight pangs will be imperceptible, and with no brainwashing, fear, doubt, or moping to accompany these feelings, they will be moments of pleasure.

- Take pleasure in killing the little monster. Do not feel guilty. If you're guilty about "killing" a monster, just think about it as simple self defense. If you don't kill it, it kills you.

- What happens when you're having a hard day, just because something went wrong (like your boss yelled at you, or you got a bad grade in school, or you're just in a bad mood) ?

- Don’t worry. Everyone has bad days. It rains for murderers and for priests. However, once you’re free from porn, you’ll notice that you have less bad days than you did when you were still addicted. When it comes to bad days, those using the willpower method can completely collapse and relapse after having one, since they associate negative feelings with the fact that they haven’t been masturbating for a while, and then in an attempt to feel better, they watch some videos.

- You now know that any downs you have in life have nothing to do with quitting fantasizing or masturbation. Fantasizing or Masturbation use will just make the downs lower and harder to manage.

- Do not allow doubt to creep in, because if you do, it means you're still brainwashed. Never doubt your decision to quit.

- If the thought of “just one session” or “I want to fantasize or masturbate” pops into your head, replace the thought with “Yippee! I’m free at last!” Thus, you’ll experience real joy rather than worry."

- Little monster’s death doesn’t equal freedom. You’re free way before your jailer dies. You are free right now. You don’t need to wait for it’s death, since you’re already free the second you make the vow to never MO again!

- Porn addiction takes away the enjoyment from things you enjoyed before getting hooked. Reading, watching movies, talking to friends and family, cooking, playing games, etc etc etc etc. Because you regarded your fix as the one thing that gives you satisfaction (and because of desensitization), nothing does the trick of making you feel happy like it used to. Now that you’re free from porn addiction you can now experience the joy and fun of doing all of your hobbies and things you enjoy. You’ll see that some things that even seemed unenjoyable while hooked on fantasizing or masturbation, now seem enjoyable (like spending time with family and friend, social occasions, and other things that used to take away opportunities to MO).

- Now free, you'll be able to concentrate better, to think more creatively, and to handle stress.

- **Remember**: Just like the moment of revelation, these incentives (like enjoying things you used to, and being happier) will come in time. Just don't keep thinking about them and expecting the incentives or the MOR (moment of revelation). If you're impatient about them, they won't come. Just live your life and you'll see marvelous gains. DO NOT WAIT FOR ANYTHING. You're free now, right this moment. That in itself is amazing. Other things will come soon as the little monster dies. Infact, since you've already quit, those incentives have started coming. As you read this, as each milisecond passes, you're more confident, have more focus, more energy, more happiness and a lot more !

- **Remember**: There are ups and downs for everyone. Freedom makes everything better. Slavery makes everything worse. Quitting has made you happier and stronger, and as each second passes, it is making you more happier and stronger !

- **Remember**: A very big change is happening in your life. Don't worry if you feel a bit different for a few days. That's just part of the wonderful achievement of being free!

- **Remember**: Now that you've quit fantasizing or masturbation, you can start living life!

- **Remember**: You don't need to avoid porn/masturbation addicts unless they try to get you back into the trap. Don't be jealous of them, but rather pity on them, and try to help them if they accept help. Deep down inside all of them want to be free, but you can only help them if they want your help.

- **Remember**: NEVER doubt your decision to quit. You know it's the right decision. If a thought comes in that says that life won't be as good without fantasizing or masturbation, think about how awful life was with porn/fantasizing or masturbation, and how you'll be getting marvelous gains.

- **Remember**: If you get a thought of “just one more session”, think “Yes! I’m free at last. YIPPEEE!”

- **Remember**: Don’t try to not fantasize / thinking about fantasizing or masturbation. When you do think about it, think about how happy you are that it’s gone from your life!

- Share your achievement. Tell people you’re comfortable telling that you’re free. Show other addicts how happy you are. If you’d like you can even make a success post in r/pmohackbook (the easypeasy subreddit).

- FINALLY, ENJOY YOUR FREEDOM!

    - Sources used (Not Important) :

Note: AVRT (addictive voice recognition technique) could help potentially, but basically all of it's important stuff is mentioned in Easyway books. Also, it kind of contradicts Easyway in two ways. 1) It says the reason why people use is because they enjoy the thing they're addicted to (which is just really wrong, at least in the case of porn), and 2) Jack Trimpey (the author) says that you shouldn't congratulate yourself for quitting, since it's just the responsible thing to do. This, I also disagree with. Even though it's easy to quit, it's still such a happy occasion to get freed from this slavery, especially if you've been trapped for a while. It's a huge relief to not have to suffer with the porn trap anymore!

If you have any questions or comments, you can message me on Reddit. Username is u/Different_Guide_5205 (author of original hacknotes). Author of these hacknotes (u/SilentWarrior1947)

Resources: (Note: For Smart Phone Dumb Phone, you should buy the book if you can, since Easyway deserves to get the money, and plus, Easyway uses their money to continue to help addicts, so unless you can't buy the book, don't read it for free online)

- Easypeasy Method (PMO Hackbook)

- Smart Phone Dumb Phone (The book these notes are mostly based off)
- Meditations of a Porn Addict
- AVRT Crash Course [Text]
- AVRT Crash Course [Video]

Highly reccomended read - https://thelastpsychiatrist.com/2011/04/the_abusive_boyfriend.html

Highly reccomened post - https://www.reddit.com/r/pmohackbook/comments/oamknd/the_fundamental_illusion_of_pleasure/

Highly reccomended video (from the above post) - https://www.youtube.com/watch?app=desktop&v=krwGw4kCEAs&list=PLvmD2F9sjvHXsAeKjyH74Ze4W7m4SLtoz&index=2

50+ Benefits of Not Fantasizing and Masturbating (YOU ARE GETTING ALL THIS AS EACH MILISECOND PASSES) :- yeyeyeyeyeyeyeye

1. Mental clarity
2. Increased confidence
3. Boosted motivation and willpower
4. More time
5. Better sleep
6. More discipline
7. Improved attitude toward opposite sex
8. Improved focus and concentration
9. Better phisical performance and stamina
10. Lower levels of stress and anxiety
11. Higher energy levels
12. Self-awarenwess (enjoying the every single moment of your life)
13. Self control

14. Sharper memory
15. Deeper voice
16. Becoming more attractive for women
17. Becoming more dominant among men
18. Hormonal Imbalances Cured (Hence better immunity in general)
19. Stronger hair
20. Improved skin health
21. Getting more respect from others
22. Strong eye contacts
23. Raise in self respect
24. Improved social life
25. More money (with right attitude)
26. Potential muscle growth
27. Improved grades in school/college
28. Respect for girls/no objectification
29. Improved body language
30. Feeling you can overcome any obstacle
31. Improved productivity
32. Improved critical thinking
33. Overcoming procrastination
34. Creativity
35. Better work performance
36. Balanced emotions
37. Improved hygiene
38. Better impulse control
39. Acne-free
40. Women become less of a priority
41. Better articulation and vocabulary
42. Getting more open minded
43. Finding happiness in everyday's activities
44. Feeling of being really alive
45. Freedom from slavery
46. Feeling worthy
47. Music sounds better, food tasted better (stronger senses)
48. Less irritability
49. Showing interests for other beneficial activities (working out, reading, writing, meditation)
50. Appearance/look improvement
51. Exploring your passions
52. Leading the game, being the one who takes the lead
53. Deeper relationships
54. Overall hapiness

55. Stronger life force
56. Taking self improvement steps in all aereas of life
57. Becoming better version of yourself
58. Less Hairfall (assuming you don't have other hairfall problems)

+ more, unimaginable and magical things happening.

Bored ? Excited ? Want to improve and reach heights ? Here are a few books I have personally read and reccomend. They will guide you, motivate you into action and teach you a lot of other things :-

1. The 5 AM Club - Robin Sharma
https://www.amazon.com/s?k=5+am+club&ref=nb_sb_noss
2. The Power of Your Subconscious Mind - Joseph Murphy -
https://www.amazon.com/s?k=power+of+your+subconscious+mind
3. EGO is the ENEMY
4. Eat That Frog - To Improve Productivity